

# TEEN BRAIN DEVELOPMENT

## WHAT'S A PARENT TO DO?

### TIPS FOR PARENTS & GUARDIANS

- Awareness & Observation – If something does not seem right, then something probably is not right. Check it out. Trust your judgement.
- Talk about teen brain development with your teen.
- Get your teen involved in activities either in or out of school or both. Involved youth are less likely to become involved in risky behaviors such as drug or alcohol use.
- Become familiar with things that are important to your teen.
- Help your teen create a daily routine and systems to stay organized.
- Get enough quality sleep.
- Teach your teen the art of goal setting.
- Know when to be in listening mode versus advice mode.
- Make it emotionally safe for your teen to talk and share.
- Know your teen's friends.
- Know your teen's friend's parents.
- Verbalize a no-use policy early and often.
- Set high expectations.
- Follow-through on consequences.
- Broken record technique.
- Teach your teen about mindfulness, meditation, and stress management.
- Know when to ask for help.

(Mindfulness, meditation, and stress management are proven effective methods with kids and teens and assist with focusing and attention, executive functioning, sleep, emotional regulation, stress reduction, aggressive behavior, anxiety, and social skills/behaviors.)

Youth4Youth

GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY

Say Something,  
Do Something